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Housekeepers' Chats

December 29, 1930.

NOT FOR PUBLICATION

Subject: "Dinner on New Year's Day." Information from the Bureau of Home Economics, U. S. D. A.

Bulletin Available: "Pork in Preferred Ways."

Just as I was starting the breakfast dishes this morning, who should appear at the door but my Next-Door Neighbor? She had come over bright and early to discuss New Year's dinner, because she suspected that I was likely to be talking to you about plans for your dinner today, and she wanted to learn ahead of time what I intended to say.

"I hope your menu has lots of color in it, Aunt Sammy. These days have been so dark and dreary that I think a colorful meal will help us all to feel happier. Lots of bright color like red and green, you know, to make the year start with plenty of good cheer."

I agreed that attractive color in food had a good effect on spirits and on appetites as well.

"And I hope," my Neighbor, continued, "I do hope you are suggesting goose, Aunt Sammy. I am sure there is nothing like a good roast goose to help me make good resolutions."

I told my neighbor that the Menu Specialist had planned this dinner and that I knew it would suit her exactly. I asked her if I should read it aloud.

"Wait a minute, Aunt Sammy. Is there a good relish or sauce in the menu? Something easy to make and delicious with goose. Something tart, sweet and spicy all at once, if you know what I mean. An apple relish of some sort might be just the thing."

"Let me read you that menu and you can see if you don't think it suits all requirements."

"Yes, indeed, Aunt Sammy. I want to hear it. I came over on purpose to hear it. But does it contain a simple salad? That's what I want with a big dinner-- a simple, crisp, green salad. Nothing rich."

"I'll be glad to read the menu --"

"Just one more question. Isn't there some new way to fix spinach, so we could have spinach for dinner. I love spinach, I'm partial to its green color. It reminds me of the best-looking winter suit I ever owned. But I am rather tired of always serving it in the same old way."

"There is a delightful way to fix spinach with cream. I'll read--"

"Then I think I'd like a pie at the end of the meal for the men guests I'm going to have. A cheerful pie with a bright red filling like cranberry. I do hope the Menu Specialist has thought to add cranberry pie. Now I'm all ready and waiting with my pencil. Why do you keep me in suspense this way, Aunt Sammy, when I just can't wait to hear about that dinner?"

All right. The menu first and then the recipes by the Recipe Lady. All those recipes. Well, wait until you try them.

We'll start the meal with a bright and modern note--Cold Tomato Cocktail. Next, Roast Goose with Potato and Nut Stuffing and a choice of either Buttered Spinach and Apples and Horseradish sauce; or Spinach in Cream with Glazed Apple Rings. I'll repeat that. A choice of either Buttered Spinach and Apple and Horseradish sauce; or Spinach in Cream with Glazed Apple Rings. For the simple salad we were mentioning a few minutes ago, Lettuce Salad with Russian Dressing. And for dessert, a choice of Cranberry Pie or Lemon Milk Sherbet with Cakes or Cookies.

"It sounds perfect," said my Neighbor. "Now what about the recipes?"

We'll start on those at once. Shall I read the tomato cocktail first? It's very simple and most of its seven ingredients are used for flavor. Yes, seven ingredients:

- 1 quart of canned tomatoes
- 2 stalks of celery, chopped
- 1/2 green pepper chopped
- 1-1/2 teaspoons of salt
- 1 teaspoon of onion pulp
- 1 teaspoon of horseradish
- 2 tablespoons of tomato catsup

Boil the tomatoes, celery, pepper and salt for about 5 minutes, and rub the mixture through a sieve fine enough to keep back the seeds. Add the catsup, onion and horseradish, stir it well and put it in a cold place to chill. Before serving, beat the mixture, pour into small glasses, and use as the first course. This can be prepared ahead of time and kept in the refrigerator.

The apple and horseradish sauce I've been talking about is made with whipped cream. An unusual combination but a very good one. The Recipe Lady gave me the directions for making it, and I am going to repeat them in her very words. "Make a quart of tart unsweetened apple sauce, then add 1/2 cup of sugar, 1/4 teaspoon of salt, and 4 or 5 teaspoons of horseradish. Mix these four ingredients together and fold in 1/2 cup of cream, whipped. When you have chilled this mixture it is ready to serve with your goose. Isn't that simple?

Now for this new way, of cooking spinach to please my Next-Door Neighbor - and many other people's neighbors as well, I hope. There are just four ingredients --- spinach, butter or other fat, cream and salt. Here are the proper quantities:

2 pounds of spinach
4 tablespoons of butter or other fat
1 cup of cream
1/2 teaspoon of salt
: : : :

I'll read those again, so you won't miss anything. (Repeat)

Wash the spinach thoroughly in running water, until it is entirely free from grit. Press it into a saucepan and add a very small quantity of water; or, cover the pan and cook the spinach in the water which clings to the leaves. Cook about ten minutes or until wilted, and stir occasionally so that all the spinach will cook evenly. Drain and chop the spinach very fine. Melt the fat in a saucepan, add the cream and salt, and when hot, add the chopped spinach -- but no liquid - and simmer for a few minutes longer. Add more salt if needed and serve at once.

The glazed apple rings you will find described on page 7 of your pork leaflet.

One more recipe and your dinner is all planned. Cranberry pie! I will list the seven ingredients:

3 cups of cranberries
1 and 1/4 cups of sugar
2 tablespoons of cornstarch
1/4 teaspoon of salt
1 and 1/4 cups of water
1 tablespoon of butter or other fat
Pastry

Shall I read them once more? (Repeat)

Wash and pick over the berries and discard any imperfect ones. Mix the sugar, cornstarch, and salt thoroughly, add the water and cook directly over the flame for 5 minutes; then add the butter and cranberries, stir and cook for a few minutes longer. Pour into a partially baked crust and make a lattice of strips of thin pastry over the top of the berries. Bake about 20 minutes at 400° F., or until the strips are lightly browned.

Think of Aunt Sammy when you are enjoying that dinner.

Tomorrow, Kitchen Comfort.

